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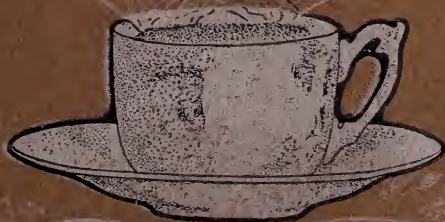
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A FEW FAVORITE RECIPES
FOR PRACTICAL COOKERY

Sarah Ament Dodson



A Few
Favorite Recipes
For Practical Cookery



SARAH AMENT DODSON

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NTRODUCTION.....

MRS. SARAH AMENT DODSON.

Mrs. Dodson's work among the ladies of Chicago for many years and the hearty endorsement of her patrons has induced her to carry her work beyond Chicago, that others may enjoy and profit by her wonderful demonstrations. Her success in Chicago has been unqualified not only in public positions, but her list of private patrons includes the leading society and club women of her city. She was unanimously chosen instructor by the Board of Directors for the Woman's Refuge; was also engaged for three successive terms for the Chicago School of Domestic Science, and would have continued in these positions indefinitely but for the greater demands from private patrons.

In all the advancements made in recent years nothing has progressed as little as the science of breadmaking, and in this one item of food lies the health and happiness of our nation more than in any other one product.

Mrs. Dodson's breadmaking is the wonder of all her classes, and a perfect revelation.

She teaches how to *set bread, raise and bake it in less than three hours*, and to make the raised rolls in *less than one hour*. This, too, is *pure, delicious, healthful*. This lesson is alone worth the price of the whole course.

Mrs. Dodson is not advertising any patented article, but is teaching how to prepare the most delicious foods in the easiest way, at the least expense.

SOUPS.

SOUP STOCK is the essence of meat, and all good left-over meat and bones should go to the soup kettle and be boiled each day so that if there is not enough to answer your purpose one day the second or third day may make up the required amount. Any bones or bits of steak left, boil well and set aside; this is economy; always keep plenty of water on it and boil slowly; season with salt and pepper, but never put vegetable in stock. I seldom ever buy a soup bone, but if of necessity I do, I add all cold pieces I have. By tasting you can tell when it has boiled enough to give it sufficient strength, then strain through soup strainer and set away to cool, then remove all fat (never throw this away; save for fryings), and it is ready for any desired use, if kept in the refrigerator it will keep two or three days.

BOUILLON—Take one onion, one turnip, one carrot, some bits of celery (the leaves are good) and parsley (the stems will do); chop this fine and add to it one pound of chopped beef, two eggs, shell and all, and more shells if you have them, add six cloves, six peppers, six allspice, two bay leaves, stir well, put into the soup kettle with four quarts of stock, heat to a boil, stirring carefully, when it comes to a boil check it back until you have used a pint of water, a little at a time, then check the heat and let it simmer slowly two or three hours, and it is ready to strain and serve. A light piece of flannel is best to make your soup bag of and in every kitchen there should be a rack to hang it on.

CHOWDERS, whether of fish or vegetable, are all made so nearly alike that when one is known, with good judgment all can be made. I give here a fish chowder :

Cut one-half pound of salt pork in dice, one large potato into dice, cut in small bits one or one and a half pounds white fish (after boning), mix this with the pork and put one layer of this in the soup kettle, then a layer of potatoes, then a layer of tomatoes, then one of onions. Repeat this until you have two quarts in the kettle, then add salt and pepper, also a dash or two of red pepper. Cover with boiling water and cook slowly for three hours, then add a cup of crushed crackers and one cup of rich sweet cream and serve. All fish chowders are made this way, lobster, oysters and clams. Potatoes alone make an excellent chowder, leaving out the pork, in this case add a tablespoon of butter and one of grated onion or potatoes and tomatoes, equal parts, make a fine chowder.

This is also the best receipt I have ever tried for turtle soup, though I brown the onion and pork in a frying pan to begin with and add a half cup of flour; it is seldom we can get good turtle; the canned is usually all that is obtainable. If you have a first-class caterer, they can procure it for you. I will add here that in all of these soups good stock is preferable to water.

TOMATO PUREE is made as all purees are. When you have learned to make one you can make all, only learn to use the different seasonings, which is governed by the various tastes of people. For one can of tomatoes take

two tablespoons of butter, melt it and add what flour can be dissolved in it, let it cook a minute, then add a little milk, cook and stir until smooth, continue to add milk until a smooth thick sauce is made, season with salt, a shake of red pepper, a pinch of ground mace, have the tomatoes strained through a soup strainer, not a soup bag, but a perforated tin strainer. Heat the juice and add a small pinch of soda, add this by degrees to the cream sauce and it is ready to serve. This is the only puree I put mace or red pepper in. In pea or bean or cauliflower use a tablespoon of grated onion.

Bisques are a thicker soup made in the same way, usually of fish, lobster or clams and served in crust cups.

PUREE OF BEAN—Soak two pounds of beans over night, put on the fire with one quart of cold water, boil until very tender (if necessary add more water), add one gallon of soup stock, chicken is best, one onion cut fine, one potato and some small bits of raw ham, let boil slowly three hours, season highly with salt and pepper, add one quart of boiling milk, strain and serve.

MULLAGATAWNEY—Brown an onion and turnip with a small piece of ham in frying pan, fill with water and turn into soup kettle. Take one cup of flour and when well mixed with warm water, stir into it, let it boil up and then add two quarts of boiling stock, two cans of tomatoes and three sour apples, cup up fine, let it boil slowly two hours, strain through soup strainer, return to the fire and add two cups chicken meat and one-half pound boiled rice and season with one teaspoon of curry powder, salt and pepper to taste.

VEGETABLES.

MACEDOINE—Peal and cut in fancy shape or dice one pint of carrots, one pint of hite turnips, boil in separate vessels in water, slightly salted, until tender, have one pint of peas cooked or one can, drain the water off of each and put them each in the sauce pan, then make a cream sauce and pour over all and serve. A little minced parsley added to the cream sauce improves the looks and flavor, also a little of the stock from the turnips and carrot is allowable.

FANCY SPINACH—Have the water, one quart, boiling, and the spinach well washed, salt the water and drop in a little baking soda, about a salt spoon half full, immerse the spinach and cover quickly, boil twenty minutes, drain through a soup strainer, turn into a chopping bowl and chop fine, then fry in a frying pan a small slice of ham, remove the ham and add one tablespoon of flour, let it cook a moment and add one gill of water, when thick add one tablespoon of vinegar, then turn the spinach into it and heat it thoroughly, then shape in mound on platter and decorate with hard boiled eggs.

BREAD.

BREAD—Two cakes of yeast, break in a half-pint cup, throw in a tablespoon of sugar and fill the cup with warm water, sift the flour into a bowl and make a well in the center, drop into this a heaping tablespoon of lard, and a tablespoon of salt, take one pint of milk, add one-half pint of water, warm it to blood heat, mix this into the flour and lard, keeping it in the center of the flour, then add the yeast and mix

to a soft dough, remove it to the floured board, let it rest there until you empty the bowl, wash it and your hands, dry and grease the bowl well with lard, shape the bread into a round ball and lay it in the bowl, set in a moderately warm place, in one hour it will be ready to mould into loaves and rolls, this will make three loaves and one dozen rolls, place in a warm place, in one hour it will be ready for the oven, bake in a moderate oven thirty or thirty-five minutes.

DRY YEAST—One pint of hops, packed, two large potatoes; put hops in sack, peel potatoes and boil together in one quart water; when done, drain off, mash the potatoes, add one pint of flour, then pour the water, the hops boiled in, hot over the flour; stir well, add one tablespoon salt, two tablespoons sugar and one cup of dry yeast, soaked, stir well and let stand till next day in a warm place, then add cornmeal until stiff enough to crumble; then lay a cloth on a screen and spread the mixture on the cloth; put in a dry, cool place until dry, then hang up in a bag and keep dry.

For bread take one teacupful and soap in one quart of milk or water, then make a stiff batter, adding one tablespoon of salt, one of sugar, and let stand over night; then add flour enough to knead, and lay in a buttered bowl and let rise until double the size; knead into loaves, let rise again and bake until thoroughly done.

Rolls and tea rusks can be made from this dough by kneading shortening and sugar into it.

FISH.

Fish when well cooked is an excellent food, but if not properly prepared and well cooked is worse than no food and is the most indigestible of all foods. Many persons ob-

ject to eating fish on account of the bother of removing the bones at the table, hence it is better to remove the bones and save all trouble. I never allow fish to go to my table with bones in it. If a fish is fresh from the water the boning is more troublesome and is a good test, as to its freshness. If your market man will open the fish wide, if it is not fresh the bones will slip about. Stale fish is not healthful food; a delicate stomach can hardly digest it at all.

To bone a fish, hold the head towards you, insert the knife at the tail end and bring it toward the head, cutting the ribs loose near the spine, then lay it open and first remove the ribs, then by passing the fingers over the flat surface running from the head toward the tail you can easily detect every little troublesome bone and remove them with the thumb and forefinger. This is a somewhat tedious process, but with a little patience can soon be accomplished when the bones are removed. If it is to be stuffed lay the stuffing on one side, fold the other over and sew up, by leaving the head and tail on you thus have your fish come to the table perfectly whole and not a bone in it. For boiling wrap it tightly in a cloth and sew up; for baking, cover the pan with strips of salt pork and lay the fish on it; for planking or a la Point Shirley, it is to be left open; for frying cut in desired shapes and salt and pepper each piece and pack one upon another. If this is done two or three hours before cooking the salt gives it a firmness and the pieces are easier to handle, that is they are not so apt to break from handling. In frying fish roll in cornmeal, always lay the flesh side down, watch constantly and turn frequently until a rich brown, then lay on brown paper a few minutes before sending to the table. Cooking butter is best for frying and it is not necessary to have much in the fry-

ing pan, and it can be strained off and used over and over again for fish or codfish balls, but it is not fit for anything but fish. Tartar sauce is best to serve ith fried or baked fish; for boiled fish Hollendaise sauce is best. Fish turbot can be made from any fish, though turbot is best, and from this it takes its name.

FISH TURBOT—Put one pint of milk in a double kettle, add one small onion, cut up a few sprays of parsley and a level tablespoonful of thyme, add salt and a shake of red in a saucepan add one gill of water in which you have mixed pepper, cook this one hour strain through soup strainer and make a thick cream sauce, using this milk, then lay one layer of boiled and carefully boned fish in the baking dish, or individual dish, then a layer of sauce and so on until the dis his full, then sprinkle with cracker crumbs and bake only a few minutes in a hot oven or until nicely browned.

HOLLENDAISE SAUCE—Beat the yolks of three eggs in a saucepan, add one gill of water in which you have mixed one tablespoonful of flour, add a salt spoon half full of ground mace, salt, a shake of red pepper, one tablespoonful of viengar, juice of one lemon, cook until it is thick, remove from fire and add four ounces of butter, stir this in and serve at once. It is difficult to keep this sauce warm on account of the butter separating, so it is best to make when ready to serve; it is good, however, to serve on cold fish or on cold meat.

GOLDEN BUTTER SAUCE, for Fish or Terrapin—Melt a tablespoonful of butter and when boiling hot stir in a tablespoonful of rice flour, do not let it brown, add gradually a half pint of milk, when thick add the yolks of two eggs well

beaten; do not cook after the eggs are added; season with salt and pepper and serve at once.

TARTAR SAUCE—One tablespoonful each of minced sour pickles, onions, capers and parsley, one finely chopped hard-boiled egg, a very little salt and pepper, wet whole with lemon juice and mix with mayonaise dressing.

ENTREES AND SAUCES.

CLEVELAND CREAM CHICKEN—Make a cream sauce of cream and corn starch, add to this sauce one teaspoon of onion juice to a quart, and four tablespoons of cooked corn, have the same amount of cooked chicken cut up fine, put one layer of the sauce and then one of chicken in the dish, when full put grated bread crumbs and grated cheese on the top, bake in oven until brown on top. Crumbs are better if moistened with melted butter.

SWEETBREAD CROQUETTES—Boil and blanch, cut up the sweetbreads, make a very thick rue or cream sauce, stir the sweetbreads in and shape in a cake about two inches thick on an oiled platter or pan, when cold make in any desired shape, roll in egg and cracker meal or grated bread, drop in hot fryings until a rich brown, serve with any desired sauce.

TOMATO SAUCE—Put a cup of water and one of tomatoes in a saucepan, add two cloves, one bay leaf, a small piece of mace, a small bit of onion, let boil slow twenty minutes, strain and make a cream sauce.

TOMATO SAUCE—Strain through a soup strainer one can of tomatoes, melt one tablespoon of butter in a saucepan,

add what flour it will dissolve and gradually add the tomato juice, season with salt and pepper to taste.

CAPER SAUCE FOR TIMBALLS—Is made the same way, using milk instead of the tomato juice and adding half a cup of capers.

SALADS AND DRESSINGS.

FRENCH MAYONAISE—Put four yolks in a bowl, stir and add level teaspoon of mustard, half teaspoon of salt, one shake of red pepper, add one pint of salad oil gradually, stirring continually, and when thick add juice of half a lemon and one or two spoons of cooked salad dressing (which should always be kept on hand), suiting your taste.

COOKED SALAD DRESSING—Beat one egg in a small saucepan, add one cup of vinegar, one tablespoon of dry mustard, shake of red pepper, level teaspoon of salt, level tablespoon of sugar, piece of butter size of egg and one teaspoon of corn starch, stir constantly over the fire till it becomes creamy. This will keep for weeks in a cool place.

FRENCH DRESSING—Put one spoonful of vinegar in a cup with saltspoon of salt, a shake of red pepper, add gradually three spoons of oil and stir hard, the proportions can be changed to suit the taste.

POTATO SALAD—Boil six potatoes, peel and slice while hot, then pour over following mixture: Half cup hot soup stock, one-third cup of oil, a shake of red pepper,

one-half cup vinegar, one teaspoon of salt, two onions chopped fine, one tablespoon of minced parsley, mix hot; also good cold.

SHRIMP SALAD—One cup of shrimps cut up, one cup of hard-boiled eggs sliced, one cup of cucumber pickles sliced; mix gently with mayonaise.

JARDINIER SALAD—Equal portion of sliced tomatoes, onions, cucumbers and radishes, a spoonful of minced parsley, a little minced celery, a few leaves of nasturtium, cut up, season with salt and pepper and drain in colander; when ready to serve, mix with mayonaise.

RUSSIAN SALAD—Equal portion of cooked turnip, carrot, string beans and peas, drain well and serve with mayonaise.

WALDORF SALAD—Cut one large slice of sour apple, lay on a lettuce leaf, on this lay a slice of orange seeded, on this the half of an English walnut, over this put mayonaise.

NUT SALAD—Equal portion of celery and nuts, mix with mayonaise.

CAKES AND PUDDINGS AND GLACES.

WHITE CAKE—One-fourth pound of butter, one-half pound sugar powdered, one-half pound flour, five whites of eggs, one-fourth pint milk, two rounding teaspoons of baking powder, one-half teaspoon vanilla, one-half teaspoon

lemon, one-half teaspoon orange, cream, butter, then sugar in it add flavoring, then milk, little at a time, then flour, then eggs, very lightly beaten, lastly baking powder.

CAKE FILLING—Two squares of chocolate, put in double kettle with one gill of water, one cup of sugar, yolk of two eggs, stir until thick.

WHITE FROSTING—Two tablespoons of water and one of the white of egg, beat and add confectioner's sugar until stiff enough to spread.

BOILED WHITE FROSTING—One-half pound powdered sugar, wet slightly, cook until it flakes, then add two beaten whites of eggs and whip until cold and stiff and cover cake at once. If difficult to smooth dip knife in hot water.

CARAMEL FILLING—One cup sweet cream, three cups of C sugar, one teaspoon of vanilla; boil seven minutes and stir until cold.

SPICE CAKE—Four eggs, one and one-half cups sugar, one cup soft butter, three cups of flour, three level teaspoons of baking powder, one cup of milk or water, one level teaspoon of allspice, one of cloves, two of cinnamon; put into a bowl all at once and stir well until well mixed. Bake in layers or loaf.

WHITE CAKE—Made the same way, only use eight whites instead of four whole eggs; beat stiff and add last.

BREAD PUDDING—Three eggs, one pint milk, four tablespoons of sugar, beat whites to froth, add the milk and

flour; have one cup of small bits of bread cut fresh; pour the custard into a pudding pan, drop the bread in and press down with a spoon; bake until a silver knife will come out clean where inserted in the center; serve with any sauce or rich cream. If bread is stale soak in milk.

RICE PUDDING is made the same way, using one cup of cooked rice instead of bread, with a pinch of salt and a tablespoon of melted butter.

TAPIOCA PUDDING is made the same way, using one cup of soaked tapioca with a pinch of salt.

BAKED CUSTARD—Five eggs, the yolks and whites beaten separately; beat into the yolks five tablespoons of sugar, add the whites beaten very stiff; stir all together with one quart of rich milk, previously boiled and cooled; flavor with vanilla; add saltspoon of salt, pour into a buttered pudding dish, set in a pan of hot water and bake in a moderate oven until a silver knife inserted will come out clean.

MINCE MEAT—Four pounds beef, neck or shoulder; two beef hearts, or better, four calves' hearts, four pounds suet, five pounds currants, five pounds sultanos, two pounds raisins, one-half pound citron, one pound lemon, one bushel apples (sour), spices, three tablespoons cinnamon, two tablespoons cloves, one tablespoon allspice, one tablespoon nutmeg, one tablespoon mace and one tablespoon ginger. Process—Boil meat until bones slip out, boil hearts until tender, chop and boil suet thirty minutes in salty water; leave hearts and meat in stock all night, well covered; leave suet to get cold in water in which it is boiled; mix raisins, currants, citron and lemon. It improves the mince meat to add a little of any preserved fruits you may have on hand. Peel and chop

apples, weigh six pounds sugar, put in kettle with one quart vinegar and let come to a boil and stir with it all of the spices, first wetting them in vinegar; moisten fruits with this syrup, also the apples. Chop meat and hearts fine and break the suet up in it. Moisten all with the stock. Then measure one bowl of the meat and suet, one bowl mixed fruit and one bowl of the apples and mix all together, and continue this until all the mixed fruits are used and then put in juice of six oranges and grated rind of one. Put all on stove and cook until apples are well cooked, stirring constantly.

BISQUE GLACE—Beat the yolks of eight eggs and one-half pound powdered sugar until light, flavor with vanilla, whip one quart double cream (the best), then mix the eggs and sugar with the cream; pour in an ice cream brick or form, pack in ice and salt and freeze two hours; dip in lukewarm water and turn out. French fruits may be put in if liked.

CHARLOTTE RUSSE—Whip one quart double cream and add one-half pound powdered sugar; stir into this one ounce Cooper's Isingless, previously soaked and melted in a double kettle; stir slowly until it begins to thicken; then pour into molds or cups lined with sponge cake. If fruits are liked in it use one cupful of any fruit. Crushed strawberries or peaches or good. Sugar fruit very little, as there must not be too much juice.

BAVARIAN CREAM—Soak one-fourth box gelatine in one-fourth cup cold water, one hour or until dissolved; bring one cup of milk to a boil and stir it into the gelatine; then stir in one-third cup of sugar. Set in cold water to cool; whip one pint double cream, set on ice; when the milk and gelatine begin to thicken stir over ice until perfectly smooth.

(Here is the secret of success.) If you allow the gelatine to get too thick or if you do not stir it perfectly smooth the little lumps will remain until the last and prove a detriment to this most delicious dessert. Then stir into it the whipped cream with as few strokes as possible to mix well. Pour at once into the mold and set in ice to harden. Turn out and serve with whipped cream or crushed strawberries. All Bavarian creams can be made from this recipe by adding the desired fruit or flavor. For chocolate, melt two squares of Baker's chocolate in two teaspoons of hot water and stir in the milk while boiling, also add one teaspoon vanilla. If strawberries are used it requires one-half box gelatine and one cup of crushed berries and sugar to taste. There is nothing easier to make than Bavarian cream, nor is there any dessert more appetizing, especially in hot weather. Have everything ready before beginning and the most inexperienced need not fail.

FROZEN STRAWBERRIES—Crush a quart of strawberries, add juice of one lemon, one and one-half cups sugar, stir and stand in cold place for one hour, add one pint water; turn into freezer and turn slowly until well frozen. Frozen fruits may be served at once or may be repacked until wanted. Serve in small punch glasses or dessert glasses, garnished with whipped cream. All fruits are frozen in the same way.

SULTANO ROLL—Cover a cupful of sultano raisins with the juice of three oranges, put a pint of cream over the fire in double kettle, add eight ounces of sugar, stir until sugar is dissolved; take from fire and cool; when perfectly cool add another pint of uncooked cream, a teaspoon bitter almond extract and about three drops of apple green coloring; freeze mixture in ordinary freezer; when frozen

stir in two ounces pistachio nuts that have been blanched and ground; drain the sultanos perfectly dry, whip one pint of cream to a stiff froth and add the sultanos, four tablespoons powdered sugar, three drops fruit color; mix carefully; have the freezing tub ready and the molds dipped in cold water arranged over the ice; line the molds, bottoms and sides, to the depth of on inch with the pistachio ice cream; fill center with the whipped cream; put a layer of ice cream over the top and then a piece of waxed paper, and put on the lid; pack the molds quickly in ice, and salt and stand aside for two hours until thoroughly frozen. It is best to bind the lids on with melted paraffine. The paraffine will harden the moment it touches the can, making the seams sufficiently tight to prevent the entrance of salt water. This dessert must be served with a sauce; the following is a favorite: Put one cup of sugar and one cup of water over the fire and stir until sugar is dissolved; boil until the syrup spins a heavy thread; take from the fire and add the strained juice of two lemons and one cup of strawberry juice; mix and stand on ice; when ready to serve wipe the outside of the molds and plunge into warm water and loosen outside with a knife; turn on a platter and garnish with fresh roses; send to table with sauce in a boat; to serve the roll cut in slices and pour around a portion of the sauce.

MISCELLANEOUS.

LOTION FOR ROUGH SKIN, ESPECIALLY FOR THE HANDS—Two ounces of alcohol, one-half ounce of tincture benzoin, two ounces of bay rum, one ounce of glycerine; put the benzoin and alcohol together first and then add the other ingredients.

The Receipts in this Book are those used only in the following

Condensed Course of Six Demonstration Lessons...

FIRST LESSON.

Soup	Stock	Puree	Bisque
	Consomme	Chowder	Macedoine

SECOND LESSON.

Bread	Rolls	Boned Fish
Fish	Turbot	Hollandaise Sauce

THIRD LESSON.

Croquettes	Timbales	Fried Chicken
Veal	Cutlet	Fricassee of Chicken
	Sauces	

FOURTH LESSON.

Boned Fowl	Beef a la Mode
Mayonaise	Salads

FIFTH LESSON.

Cake	Frostings	Crust Cups
Puddings	Custards	

SIXTH LESSON.

Biscuit Glace	Charlotte Russe
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